

A patient's information guide to **Cubitan**



What is Cubitan?

Cubitan is a high protein nutritional drink proven to help heal wounds and pressure sores faster. **Cubitan is packed with energy, protein, arginine, other nutrients and vitamins that your body needs to help you heal.**

Why have I been prescribed Cubitan?

Cubitan is prescribed for you as part of your wound treatment plan.

Along with use of dressings, medicine and rest, it will help your wound to heal as quickly and completely as possible. You may also be prescribed Cubitan if you are at risk of developing a wound. You could be at risk of developing a wound if you are not very mobile, you've had a recent hip fracture or maybe if you have suffered from wounds in the past.

How do I take Cubitan?

Your dietitian, doctor, nurse or pharmacist will advise you. Cubitan is best taken as a snack between meals, but it is not intended to replace meals.

Cubitan can be poured into a mug or glass or sipped from the bottle using the straw provided. It can be taken warm or straight from the fridge. You don't have to drink your Cubitan all at once. If you get too full you can put the cap back on and save some for later, but always follow the storage instructions on the bottle. **Cubitan is available in strawberry, vanilla and chocolate flavours.**

How long should I continue to take Cubitan?

Your dietitian, nurse, pharmacist or doctor will advise you. For most people, Cubitan is recommended until your wound is completely healed. In some cases, you may be told to continue taking 1 bottle of Cubitan per day if you are at risk of further wounds developing.

Where do I get Cubitan from?

Cubitan is available from your local pharmacy and is normally recommended by a dietitian, doctor, nurse, or other healthcare professional. Cubitan is available on prescription from your doctor and is covered on the Medical Card (GMS), Long Term Illness and Drugs Payment Schemes.

Pharmacies may not always have your preferred flavour in stock, but it can be ordered for you, usually within 24 hours. If you have any difficulty obtaining Cubitan, please telephone the Nutricia customer care team on freephone 1800 923 404.



For further information, call our Customer Care Team on Freephone (ROI) 1800 923 404 (NI) 0800 783 4379.

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English**
Approved by NALA

Visit our website

www.nutricia.ie


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